

Women's Healthcare of Norman

Women Caring for Women

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How to Start Birth Control Pills

- ✓ If your period starts on any day other than a Sunday, begin taking the pill on the following Sunday.
- ✓ If your period starts on a Sunday, you may begin taking the pill the same day.

Tips for Taking Your Birth Control

- ✓ A back up method should be used the first month of taking birth control, to ensure protection against pregnancy.
- ✓ It is advised that you take your pill at the same time every day. This will help ensure the effectiveness.
- ✓ Occasional light spotting may be experienced between periods for the first 2-3 months after beginning birth control pills. If this happens do not stop taking your pills.
- ✓ If you miss a pill, take it as soon as you remember and then continue on your regular schedule for taking the remaining pills. If you miss more than one pill you may not be protected from pregnancy, so a backup method of contraception should be used.
- ✓ If you miss more than two consecutive pills, discontinue until you start your period and then resume with a new pack.
- ✓ Some medications such as antibiotics and seizure medications may reduce the effectiveness of birth control pills. When taking these medications, a backup method of birth control (i.e. condoms, foam) should be used.

Important Information

Birth control pills do not protect against sexually transmitted diseases. A barrier method of protection is suggested to prevent the spread of these diseases.

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